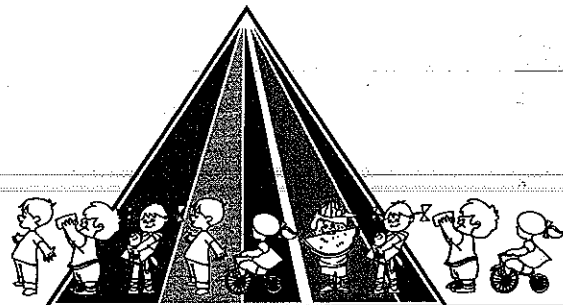


# Mealtime Memo

## FOR CHILD CARE



No. 3, 2008

## Drinking Water for Good Health



Offering water to children in childcare can help them learn to quench their thirst with water. Use the following facts about water to teach children about why water is healthy to drink.

- Tell children that when they feel thirsty, their bodies are saying "I need water."
- People need water, just like plants and animals. The human body is made of about 60% water.
- Water keeps the body cool.
- Water helps the stomach digest food.
- Foods that have a lot of water include:
  - Fruits, juice, milk, and vegetables. For example, celery, carrots, and watermelon are mostly made of water.
- Talk to children about the different forms of water. Ice is frozen water. Water that we drink is liquid. Steam is also a form of water. Children may see steam when they take a hot bath. Ask children where they have seen each form of water.

### Offer Water for Quenching Thirst

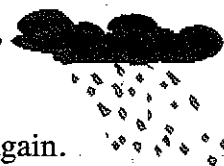
Consider making available a child-sized water fountain or a water bottle filled with water and small paper cups on a counter at child's level. At first, children may drink lots of water through the day. Once they become familiar with having water available, they will drink only when they are thirsty.

### Teach Children about the Water Cycle

- Rain or snow occurs when there is lots of water in the air and the clouds become heavy. Rain, snow,

sleet, or hail comes down to fill lakes, rivers, and oceans.

- Some water is soaked up by the ground and stored until it is needed.
- The sun comes out and heats the water. This turns the water to steam in the air. Plants also add water to the air.
- When vapor in the air gets cold, it turns back into liquid to form clouds. When the clouds get heavy, the cycle starts all over again.



### Food Activity: Make Fruit Julius

Let children help make a beverage of fruit, ice, and water. Children can help measure ingredients and place them in the blender.

#### Ingredients:

- 1 ½ cups fresh fruit (peaches, strawberries, cantaloupe, or bananas)
- 1 ¾ cups water
- ½ cup instant nonfat dry milk
- 1 tsp vanilla
- 2 Tbsp honey (for children over the age of 2 years only) or sugar
- 12 ice cubes

Blend all ingredients together in a blender. This activity makes 15-16 ¼ cup servings.

### Read Children's Books About Water:

*Little Cloud* by Eric Carle

*Water* by Frank Asch

*The Water's Journey* by Eleonore Schmid



# Mealtime Memo FOR CHILD CARE

## Molded Fruit Salad E-01<sup>1</sup>

|  |          |   |        |
|--|----------|---|--------|
| Canned crushed pineapple with juice, chilled | 3 cups   | Orange juice concentrate                                  | ¼ cup  |
| Lemon gelatin                                | 2 ½ cups | Lowfat plain yogurt                                       | 2 cups |
| Water, boiling                               | 2 cups   | Fresh red or white seedless grapes, cut in half, chilled* | 2 cups |
| Reserved pineapple juice                     | 1 cup    |   |        |

Drain pineapple and reserve 1 cup juice. In a bowl, dissolve gelatin in boiling water. Add reserved pineapple juice, orange juice concentrate, and yogurt. Whisk until smooth. Freeze mixture for about 30 minutes, until it begins to set. Place 1 ¼ cups of crushed pineapple and 1 ¼ cups 2 Tbsp of grape halves in each of two 3 qt gelatin molds or baking pans (9" x 13" x 2"). In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy. Pour 1 qt of whipped gelatin over the fruit in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.

Number of servings: 25

Serving size: ¾ cup (No. 10 scoop) provides ¼ cup fruit.

\* Special tip: This salad may be prepared substituting equal volumes of fresh diced apples or fresh grated carrots for fresh grapes, and substituting equal volumes of canned Mandarin oranges, canned diced peaches, and juice for canned pineapple and juice.

<sup>1</sup>USDA Recipes for Child Care. Available online at [www.nfsmi.org](http://www.nfsmi.org).



## Snack Menus

| Monday  | Tuesday   | Wednesday                                  | Thursday  | Friday  |
|---|---|--|---|---|
| Lowfat yogurt<br>Strawberries<br>Water <sup>2</sup> | Peanut butter <sup>3</sup> and crackers<br>Milk<br>Water <sup>2</sup> | Banana bread<br>Milk<br>Water <sup>2</sup> | Molded Fruit Salad-E-01 <sup>1</sup><br>Graham crackers<br>Water <sup>2</sup> | String cheese<br>Carrot-Raisin <sup>4</sup> Salad-E-05 <sup>1</sup><br>Water <sup>2</sup> |

<sup>1</sup>USDA Recipes for Child Care. Available online at [www.nfsmi.org](http://www.nfsmi.org).

<sup>2</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

<sup>3</sup>Sunflower seed butter can be substituted for peanut butter.

<sup>4</sup>Raisins can be a choking hazard for young children.

### Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.

U.S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved January 5, 2008, from <http://www.nfsmi.org>

U.S. Environmental Protection Agency. (2006, February). *Thirstin's Water Cycle*. Retrieved January 23, 2008, from [http://www.epa.gov/SAFEWATER/kids/kids\\_k-3.html](http://www.epa.gov/SAFEWATER/kids/kids_k-3.html)

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